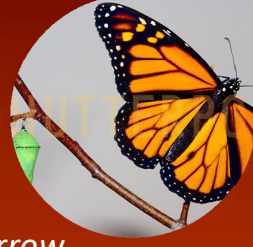


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Pārivārtān

Newsletter of Change Makers For A Better Tomorrow



A joint initiative of



Foundation for Child Aid



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CHANGE MAKERS FOR A BETTER TOMORROW / ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಪರಿವರ್ತನಕಾರರು

**First Orientation Retreat for
Members of the Fourth Batch**

6th to 8th November 2016

Venue: **KWT's Gokhale Centenary
College, Ankola**

**Second Orientation Retreat for
Members of the Fourth Batch**

5th to 7th June 2017

Venue: **Nisarga Mane, Yellapur**

**Total no. of members in the
Change Makers Group - 64**

**OBJECTIVE OF PROJECT
CHANGE MAKERS**

Bringing about a qualitative and an authentic change in these young minds and prepare them to take up and accept the challenges & opportunities lying ahead in their role as change makers. The emphasis will be on –

- *The Art and Science of Living*
- *Development of authentic personalities*
- *Helping the Self-Empowerment process.*
- *Developing positively oriented mindsets*
- *Developing the sense of unconditional love and concern for the fellow human beings, the environment, the society, the Nation & Mother Earth*

PARIVARTAN, our newsletter's title, reflects the process of complete metamorphosis that occupies the renovation of the mind.

A protected space to grow and develop, to unfold and explore, a foothold to grip and fly... Parivartan is a journey for the nascent.

THE CHANGE MAKERS PROJECT

The world is witnessing a phenomenon not conducive for the Nature's evolutionary purpose and process. One commonly hears about Man's onslaught on the Nature, resulting in destruction of natural elements for one's own need, nay greed. The concern for the fellow human beings is marginal. Respect and love for the Nature and the environment is minimal. The Man tends to preoccupy himself in trying to only talk about this phenomenon at an intellectual level and not making a serious attempt to address the real problem.

The World cannot be changed without bringing about a change at the level of Man. If human mind changes, the world will be reflected in its change and that's the only way to change the world and save it from the downward slide that it is presently experiencing. If Man can make a positive effort to supplement the Nature's inbuilt mechanism, the acceleration towards the upward trend would be easily gained.

An attempt was envisaged and initiated at a relatively small humble level to create a group of young Boys and Girls who were in their formative years of life preferably in the age group of 14-16, who could be oriented to become change makers for the world tomorrow. The target group is chosen from the student community studying in the 8th standard in the Secondary level of Education. The candidates are selected from schools spanning the entire length and breadth of the Uttar Kannada District.

THE FOURTH CHANGE MAKERS GROUP

After the successful completion of three batches of the Change Makers Project, the selection process for the fourth batch was held in the months of August and September of 2016. Intimation of the project was sent to all the High Schools in the district. 255 nominations were received from 85 schools. The first written qualifying exam to shortlist the students was held on 30th August at eight different taluka centres. After computation of the results, 100 students were shortlisted and invited to participate in the final selection round at Balmandir High School, Karwar on 17th September. Ten evaluators judged the potential of the participants on various parameters. Finally, 64 students were selected to constitute the fourth batch of Change Makers Group.

The first camp for this new batch was organized at Gokhale Centenary College, Ankola, from 6th to 8th November 2016. The second camp was held from 5th to 7th June 2017 at Nisarga Mane, Yellapur. In the following pages we present glimpses from the camps.

Presented by Team CMG

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THE FIRST CAMP

After the registration process, the first camp was formally inaugurated by lighting the traditional lamp. Shri K.V.Shetti, Administrative Officer, Kanara Welfare Trust, introduced the Organizing Team to the audience consisting of the CMG students and some parents. He gave a brief introduction about Kruger Foundation for Child Aid, the chief sponsor of the Change Makers Project. The various humanitarian activities undertaken by Kruger Foundation in association with Kanara Welfare Trust were also highlighted. A documentary about Change Makers for a Better Tomorrow and Kruger Foundation was also shown.

Prof. M.S.Habbu recited the '*Sankalpa*' and led in the prayers. The prayers, "*Ananda Loke*" and "*Antaramama Vikasita Karo*", which are the regular prayers of the Change makers Group, were taught to the members. Smt. Bharati Hegde, Teacher from Janata Vidyalaya, Mirjan-Kodkani, composed a new classical tune for the prayers.

Introductions of the members were done and the camp commenced with its activities. Various resource persons addressed the group as per the schedule. The CMG members were presented with customised sets of plates, bowls, drinking cups and spoons which they need to carry for each camp. Accommodation was arranged for them in Shree Kundodhari Temple Guest House.

GLIMPSES FROM THE FIRST CAMP



Inauguration of the first camp by lighting the traditional lamp by camp organizers and members of the group



Chairman's Session - Interaction of the students with Smt. Shreelata Kamat and Shri S P Kamat



Self-introduction of members of the fourth batch of the Change Makers Group



Morning Session on Yoga and Meditation conducted by Shri Shivanna Savadi



Prof. M.S.Habbu, Retd. Principal,
spoke on the topic – “Creativity”



Prof. V.R.Vernekar, Retd. Principal,
spoke on the topic – “Mind”



Shri V.L.Hegde, Teacher, Janata Vidyalaya, Kulve-Baroor,
talked on “Time Management”



Shri Vishnu Naik, Retd. Principal and author-poet,
talked on “Affection”



Shri N.V.Hegde, Teacher, P.M.High School, Ankola,
talked on “Good Habits”



Dinner time at the camp;
CMG members volunteered to serve

THE SECOND CAMP

The second camp was organized at Nisarga Mane Resort, Yellapur. The CMG members were picked up from Yellapur bus-stand and taken by vehicle to the camp venue. They were allotted common rooms in the resort and two halls – one outdoor & one indoor hall were utilized to conduct the sessions.

Prof. M.S.Habbu recited the '*Sankalpa*' and led in the prayers. The prayers, "*Ananda Loke*" and "*Antaramama Vikasita Karo*", which are the regular prayers of the Change makers Group, were also recited.

After the formal inauguration, the camp commenced with its activities. Various resource persons addressed the group as per the schedule. A short trek was conducted on the second day. Yoga session was undertaken on the last day of the camp.

Pure vegetarian meals and refreshment were provided at regular intervals. Though there were instances of rain at some point, that didn't dampen the spirit of the camp.

GLIMPSES FROM THE SECOND CAMP



Formal inauguration of the second camp by resource persons and CMG members



Shri Pramod Hegde, Nisarga Mane, Yellapur, addressed the CMG members



Prof. V.R.Vernekar, addressed the CMG members and also conducted some handwriting tests



Prof. M.S.Habbu, Retd. Principal, spoke on "Einstein's Theory of Relativity"



Ms. Avani Kudalkar, a student of journalism, also mingled with the Change Makers Group



Chairman's Session in the evening where a lot of interaction took place



Morning Trek into the woods, led by Chairman Shri S.P. Kamat



Shri Vinod Bhat, Yellapur, on "Hobbies and Interests which help in developing Good Personalities"



Dr. Dattatraya Gaonkar, Yellapur, addressed the group on "Meaningful Life"



Smt. Mukta Shankar, Yellapur, elaborated on "Good Culture which shape the life of Students"



Chairman addressed the CMG members and clarified their doubts and queries



A music session was conducted in the evening by Shri Maruti Naik and Shri Ganapati Hegde



Shri V.L.Hegde, Teacher, Janata Vidyalaya, Kulte-Baroor, spoke on "Good Conduct"



Entertainment session in the evening conducted by the Change Makers Group



Yoga and Pranayama in the morning led by Shri Vinod Hegde



Shri Ashok Bhat, Teacher, S.K.P.High School, Katgal, elaborated on the importance of "Sankalpa"

FEEDBACK SESSION

ಯೋಜನೆಯಲ್ಲಿ ಆಯ್ಕೆಯಾಗಿ ಬಂದ ನಾವು ಬಹಳ ಸಂತೋಷದಿಂದ ದಿನವನ್ನು ಕಳೆದೇವು. ಇಲ್ಲಿಗೆ ಬಂದು ಸಿ.ಎಮ್.ಜಿ.ಸದಸ್ಯರೆನಿಸಿಕೊಳ್ಳಲು ಬಹಳ ಹೆಮ್ಮೆ ಎನಿಸುತ್ತಿದೆ. ಅದ್ಭುತ ಅನುಭವ ದೊರೆಯಿತು. ಜೀವನದ ಗುರಿಯನ್ನು ಮುಟ್ಟುವ ಬಗ್ಗೆ ತಿಳಿಯಿತು. ಅನೇಕ ರೀತಿಯ ನಿಯಮಗಳು ತಿಳಿಯಿತು. ಸಮಯದ ಮಹತ್ವ ತಿಳಿಯಿತು. ಬದುಕುವ ಪರಿ ತಿಳಿಯಿತು. ಜೀವನದಲ್ಲಿ ಯಶಸ್ಸನ್ನು ಕಾಣಬೇಕಾದರೆ ಅದರ ಪೂರ್ವ ಸಿದ್ಧತೆಗಳು ಹಾಗೂ ಇನ್ನೂ ಅನೇಕ ವಿಷಯದ ಮಾಹಿತಿಯೂ ದೊರೆಯಿತು. ಜೀವನದಲ್ಲಿ ಹೇಗೆ ಮುಂದೆ ಸಾಗಬೇಕೆಂದು ತಿಳಿದೇವು. ನಮ್ಮ ಕೆಲಸಗಳನ್ನು ನಾವೇ ಮಾಡಿಕೊಳ್ಳಬೇಕು ಎಂಬುದನ್ನು ಕಲಿತೇವು. ಈ ಶಿಬಿರದಲ್ಲಿ ನಾವು ಪರಸ್ಪರ ಸ್ನೇಹಿತರೊಂದಿಗೆ ಬೆರೆಯಲು ಸಹಕಾರಿಯಾಯಿತು. ಮಾತನಾಡುವ ಸಾಮರ್ಥ್ಯ ಹೆಚ್ಚಾಯಿತು. ದೊಡ್ಡವರೊಂದಿಗೆ ಸಂವಾದಿಸುವ ಕಲೆಯು ವೃದ್ಧಿಯಾಯಿತು. ತಜ್ಞರಿಂದ ಕೇಳಿದ ಉಪನ್ಯಾಸಕಗಳು ಬಹಳ ಅರ್ಥವತ್ತಾಗಿದ್ದು, ಇವುಗಳ ಪಾಲನೆಯಿಂದ ಜೀವನದಲ್ಲಿ ಗೆಲುವು ಕಟ್ಟಿಟ್ಟು ಬುತ್ತಿಯಾಗಿದೆ. ಎಲ್ಲರಿಗೂ ತಮ್ಮ ತಮ್ಮ ಪ್ರಶ್ನೆಗಳನ್ನು, ಗೊಂದಲಗಳನ್ನು, ಸೃಜನಶೀಲತೆಯನ್ನು ಕೇಳಲು ಪ್ರದರ್ಶಿಸಲು ಮುಕ್ತ ವೇದಿಕೆಯನ್ನು ಅಧಿಕಾರಿಗಳು ಕಲ್ಪಿಸಿಕೊಟ್ಟಿದ್ದಾರೆ. ಸಮಾಜಕ್ಕೆ ತಮ್ಮದೇನಾದರೂ ಕೊಡುಗೆ ನೀಡಬೇಕೆಂದು ಬಹಳ ಕ್ರಿಯಾಶೀಲರಾಗಿ, ಸಕ್ರಿಯರಾಗಿ ತಮ್ಮ ತಮ್ಮ ಕರ್ತವ್ಯಗಳನ್ನು ಕಚ್ಚುಕಟ್ಟಾಗಿ ಎಲ್ಲ ಅಧಿಕಾರಿಗಳು ಪಾಲಿಸುತ್ತಿದ್ದು ಅದರ್ಶಮಯವಾಗಿದೆ. ಕ್ರೂಗರ್ ಫೌಂಡೇಶನ್ ಮತ್ತು ಕೆನರಾ ವೆಲ್‌ಫೇರ್ ಟ್ರಸ್ಟ್ ಬಹಳ ಅತ್ಯುತ್ತಮವಾದ ಸಂಸ್ಥೆಗಳು. ವಸತಿ ಗೃಹ ಚೆನ್ನಾಗಿದೆ. ಉತ್ತಮ ವಾತಾವರಣವೂ ಇದೆ.

- Sumukha, Madhukar, Akshay, Anant, Ketan, Shrikant, K.V.Gopalkrishna, Manikantha

“ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಪರಿವರ್ತನಕಾರರು” ಒಂದು ಉತ್ತಮ ಯೋಜನೆ ಆಗಿದ್ದು, ಮಕ್ಕಳ ವ್ಯಕ್ತಿತ್ವ ವಿಕಸನಕ್ಕೊಂದು ಉತ್ತಮ ವೇದಿಕೆ ಆಗಿದೆ. ನುರಿತ ವಿಷಯ ತಜ್ಞರಿಂದ ನಮಗೆ ಬದುಕುವ ಕಲೆಯನ್ನು ಕಲಿಸಿಕೊಡಲಾಯಿತು. ನಮ್ಮೆಲ್ಲರ ಪ್ರೀತಿಯ ‘ಬಾಬಾ’ ಶ್ರೀ ಎಸ್.ಪಿ.ಕಾಮತ್ ಇವರು ನಮಗೆ “ಜೀವನದಲ್ಲಿ ಯಶಸ್ವಿ ಆಗಲು ಬೇಕಾದ ಸೂತ್ರ” ಗಳನ್ನು ಕಲಿಸಿಕೊಟ್ಟರು. ಹೆಸರಿಗೆ ತಕ್ಕಂತೆ ಈ ಟ್ರಸ್ಟ್ ನಮ್ಮನ್ನು ಪರಿವರ್ತಿಸಿ, ಉತ್ತಮ ನಾಳೆಯನ್ನು ತರಲು ಸನ್ನದ್ಧಗೊಳಿಸಿದೆ. ಈ ಸಂಸ್ಥೆಗೆ ಕೋಟಿ ಕೋಟಿ ವಂದನೆಗಳು.

- Mahesh, Shridhar Bhat, Shridhar Hegde, Vighnesh

ಕೆನರಾ ವೆಲ್ ಫೇರ್ ಟ್ರಸ್ಟ್ ಆಯೋಜಿಸಿರುವ ಈ ಯೋಜನೆ ನಮಗೆ ಒಳ್ಳೆಯ ಅನುಕೂಲ ಒದಗಿಸಿದೆ. ಈ ಯೋಜನೆಯು ನಮ್ಮನ್ನು ಕತ್ತಲೆಯಿಂದ ಬೆಳಕಿನ ಕಡೆಗೆ ಕರೆದೊಯ್ಯುತ್ತಿದೆ. ಈ ಯೋಜನೆಯಿಂದ ನಾವು ಬದುಕುವ ಕಲೆಯನ್ನು ಹಂತ ಹಂತವಾಗಿ ತಿಳಿದುಕೊಳ್ಳುತ್ತಾ ಬಂದಿದ್ದೇವೆ. ಇಲ್ಲಿರುವ ಹಿರಿಯರು ನಮ್ಮನ್ನು ಒಳ್ಳೆಯ ಮಾರ್ಗದರ್ಶಿ ಕರೆದೊಯ್ಯುತ್ತಿದ್ದಾರೆ. ಇಲ್ಲಿ ಬರುವ ಎಲ್ಲ ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿಗಳು ನಮಗೆ ತಿಳಿಯದ ವಿಷಯವನ್ನು ಉದಾಹರಣೆಯೊಂದಿಗೆ ಮತ್ತು ತಮ್ಮ ವೈಯಕ್ತಿಕ ವಿಷಯಗಳನ್ನು ನಮ್ಮೊಡನೆ ಹಂಚಿಕೊಂಡು ನಮ್ಮ ಜ್ಞಾನವನ್ನು ಹೆಚ್ಚಿಸುವ ಪ್ರಯತ್ನ ಮಾಡುತ್ತಿದ್ದಾರೆ. ಇಲ್ಲಿ ಎಲ್ಲಾ ವ್ಯವಸ್ಥೆ ತುಂಬಾ ಚೆನ್ನಾಗಿದ್ದು ಪ್ರತಿಯೊಬ್ಬರನ್ನು ತಮ್ಮ ಮಕ್ಕಳೆಂದು ತಿಳಿದುಕೊಂಡು ತುಂಬಾ ಚೆನ್ನಾಗಿ ನೋಡಿಕೊಳ್ಳುತ್ತಿದ್ದಾರೆ. ಅತಿ ಮುಖ್ಯವಾಗಿ ಈ ಯೋಜನೆಯು ನಮ್ಮಿಂದ ಯಾವುದೇ ಫಲಾಫಲವನ್ನು ಅಪೇಕ್ಷಿಸದೆ ನಾವು ಒಳ್ಳೆಯ ಸನ್ಮಾರ್ಗದಲ್ಲಿ ನಡೆದು ನಾವು ನಾಳೆಯ ಉತ್ತಮ ಪ್ರಜೆಗಳಾಗಿ ದೇಶಕ್ಕೆ ಒಳಿತನ್ನು ಮಾಡಲಿ ಎಂದು ಬಯಸುವ ನಿಮಗೆ ನಾವು ಚಿರಋಣಿಯಾಗಿರುತ್ತೇವೆ.

- Bhoomika, Pushpa, Ashrita, Pooja

ಹಲವಾರು ವಿಶಿಷ್ಟ ವ್ಯಕ್ತಿಗಳಿಂದ ವಿದ್ಯಾರ್ಥಿಗಳ ಜೀವನಕ್ಕೆ ಉಪಯುಕ್ತವಾಗಿರುವಂತಹ ಹಲವಾರು ವಿಷಯಗಳ ಬಗ್ಗೆ ತಿಳಿದುಕೊಂಡೆವು. ಒಬ್ಬ ವ್ಯಕ್ತಿಯ ವ್ಯಕ್ತಿತ್ವದ ನಿರ್ಮಾಣಕ್ಕೆ ಹವ್ಯಾಸಗಳು ಎಷ್ಟು ಮುಖ್ಯ. ಉತ್ತಮ ವ್ಯಕ್ತಿತ್ವ ನಿರ್ಮಾಣದಿಂದ ಸಾರ್ಥಕ ಬದುಕನ್ನು ಹೇಗೆ ರೂಪಿಸಿಕೊಳ್ಳಬಹುದು, ಅಂತಹ ಬದುಕನ್ನು ರೂಪಿಸಿಕೊಳ್ಳಲು ಸಂಸ್ಕಾರಗಳು ಹೇಗೆ ಸಹಕಾರಿಯಾಗಿವೆ, ವ್ಯಕ್ತಿಯ ಜೀವನದಲ್ಲಿ ಉತ್ತಮ ನಡವಳಿಕೆಗಳು ಎಷ್ಟು ಮಹತ್ವವನ್ನು ಪಡೆದಿವೆ ಹಾಗೂ ಜೀವನದ ಗುರಿಯನ್ನು ಸಾಧಿಸಲು ದೃಢ ಸಂಕಲ್ಪ ಎಷ್ಟು ಸಹಕಾರಿಯಾಗಿದೆ ಎಂಬುದನ್ನು ತಿಳಿದುಕೊಂಡೆವು. ಎಷ್ಟೇ ಅಲ್ಲದೆ ಮುಸ್ಸಂಜೆಯ ವೇಳೆಯಲ್ಲಿ ತಂಪಾದ ಗಾಳಿ ಬೀಸುತ್ತಿರುವಾಗ ಇಂಪಾದ ಸಂಗೀತವನ್ನು ಆಸ್ವಾದಿಸಿದೇವು. ಅದರ ಜೊತೆಗೆ ನಮ್ಮಲ್ಲಿಯೇ ಒಬ್ಬರು ನಿರೂಪಕರಾಗಿ, ಹಾಡುಗಾರರಾಗಿ, ಕಥೆಗಾರರಾಗಿ, ಉತ್ತಮ ಕಲಾ ಪ್ರದರ್ಶಕರಾಗಿ ನಾವೇ ಒಂದು ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮವನ್ನು ನಿರ್ವಹಿಸಿದೇವು. ಜ್ಞಾನ ಹಾಗೂ ಮನರಂಜನೆ ಮಾತ್ರವಲ್ಲದೆ ಸುಂದರವಾದ ನಿಸರ್ಗದ ಮಡಿಲಲ್ಲಿ ಊಟೋಪಚಾರದ ಜೊತೆಗೆ ಇನ್ನಿತರ ವ್ಯವಸ್ಥೆಗಳನ್ನು ಅಚ್ಚುಕಟ್ಟಾಗಿ, ಅದ್ಭುತವಾಗಿ ಸಿದ್ಧಪಡಿಸಲಾಗಿತ್ತು. ಈ ಶಿಬಿರದ ಸದಸ್ಯರಾದ ನಮಗೆ ಮುಂದಿನ ಶಿಬಿರವನ್ನು ನೋಡುವ ಕುತುಹಲವಿದೆ.

- Bhavana, Navya, Sahana

BEHIND THE SCENES

Kruger Foundation for Child Aid, based in Karwar, on the west coast of India, envisages a role for itself in helping children in distress & need. The role of the Foundation transcends beyond the help to the children and encompasses several other activities aimed at bringing a positive change in the social structure of the society. Areas such as health care, education, village sanitation, village restructuring, supporting people in distress in general and young children in particular are the focused targets of the Foundation.

Kanara Welfare Trust, pioneer Institution of Uttar Kannada District has been working for the cause of education and social upliftment since 1953. The Trust has to its credit 45 Institutions – schools & colleges, most of them located in remote and rural areas of the district. Its main concern has been the emancipation of the poor and downtrodden people of the district. The Trust has been conducting various meaningful experiments in the field of the rural development for nearly six decades. Being rooted in the rural background of Uttar Kannada District, the Trust balances the aspirations of the rural people and the modern requirements.

Kruger Foundation, Karwar, and the Kanara Welfare Trust, Ankola, have been working hand-in-hand to implement several projects in the forest district of Uttar Kannada in the fields of education, rural health care, social empowerment, etc. One of the projects - '**Change Makers For A Better Tomorrow**' focuses on developing positively oriented mindsets in teenage children.

After a filtering process consisting of many rounds, a group of 64 members were selected to comprise the fourth batch. This batch of young boys and girls in the age group of 13-14 are brought together every 3 months for special camps wherein they are imparted with thought-provoking sessions by holistic experts from various fields. The camps are held at various places in the district which are as close to nature as possible. The only criteria being that the locations should be secluded from common walks of life but having access to hygienic accommodation and sanitation facilities.

The camp sites are finalized in consultation with the Chairman. The organizing team from the Trust Office visits these places beforehand and arranges for securing the required facilities for the duration of the camp. A letter intimating the dates and venue of the camp is sent to each individual member. Resource persons are approached personally and requested to address the group on a subject of their choice and expertise. A schedule of the camp with individual sessions and timings is prepared, which is given to all the participants at the time of registration.

The organizers make it a point to be present at the pick-up station well before the scheduled time given to the participants. Transportation facility is arranged wherever required. On arrival, participants are escorted to the venue and after completion of registration formalities, activities of the camp formally commence. Regular breaks are included in the schedule so as to break the monotony and enable the members to get refreshed. A physical activity session in the form of yoga or trekking is incorporated in each camp. Only pure vegetarian fare is served for meals & refreshment. Packaged distilled water is used for drinking & cooking meals.

Accommodation with adequate sanitary facilities is arranged separately for boys & girls. First aid kits, common medicines, torches, etc. form the compulsory accompaniment to the organizing gear. The children are required to bring their own bedclothes, necessary clothing, etc. A set of stainless steel items consisting of dinner plates, tumblers, cups, spoons, etc. were issued to each member which they are required to carry for the camp. The participants of the camp are expected to follow proper decorum and discipline at every camp. Use of mobile phones is limited to a short while after the end of each day's activities.

After completion of the camp, the students have to submit a feedback form wherein they can write their suggestions & opinions. These observations are duly noted by the organizing team and incorporated in the forthcoming camps. To & fro journey fare incurred by the participants to attend each camp is reimbursed on the last day. The change makers are entitled to a special incentive amount of Rs.500/- each month for the duration of the batch provided they attend the camps regularly. This amount is credited online to their individual bank accounts on a quarterly basis.

At the end of each camp, the participants are dropped to the nearest central bus-station from where they can resume their homeward journey. After the camp is over, the individual session report, feedback and photographs are compiled in the form of this newsletter and distributed to the change maker students at the next camp.

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